

BE MOUTH AWARE

LEARN THE SIGNS OF MOUTH CANCER

Mouth cancer can appear anywhere in the mouth, including the tongue, gums, lips, and tonsils.

Look out for:

- Mouth ulcers that last more than 3 weeks.
- Red or white patches in the mouth.
- Unusual lumps or swellings.

If you spot anything unusual, visit your dentist or doctor.

CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek and your thumb on the outside. Squeeze the cheek to check for any lumps, tenderness or ulcers.

HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face.

LIPS

Pull down the lower lip and look for any sores or changes in colour. Use your thumb and index finger to feel the lips for lumps or changes in texture.

NECK

Feel and press along the front and sides of the neck. Can you feel any lumps?

TONGUE

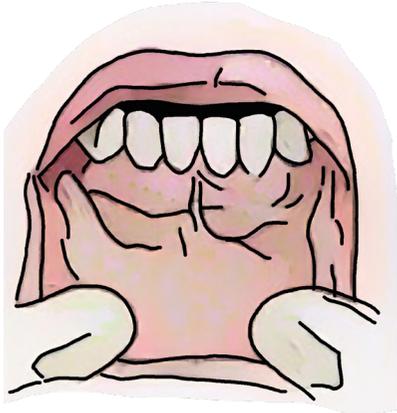
Look for any changes in colour or texture of the surface. Check the sides for any swellings, changes in colour or ulcers. Examine the underside.



Laura Marston
Mouth Cancer Survivor

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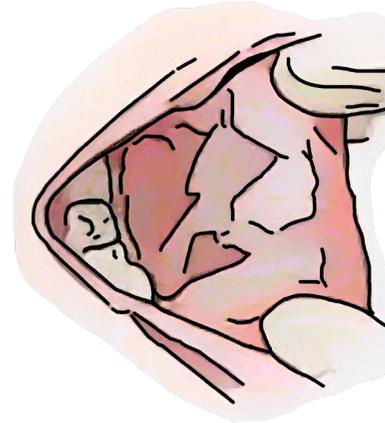
LEARN HOW TO CHECK FOR MOUTH CANCER



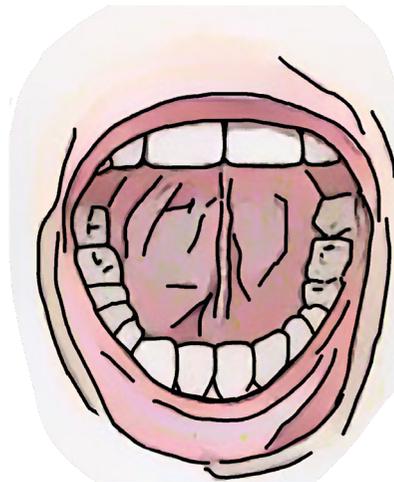
Look at your top and bottom lip for any changes, red or white patches, ulcers, or lumps.



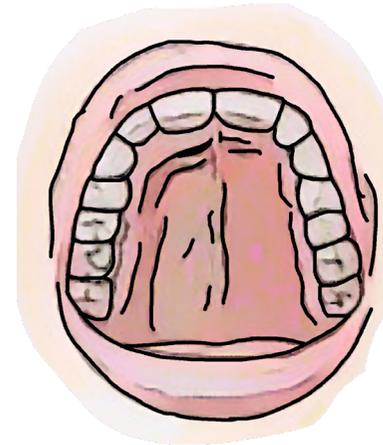
Feel your lips and inside of your cheek for any lumps or swelling using your thumb and index finger.



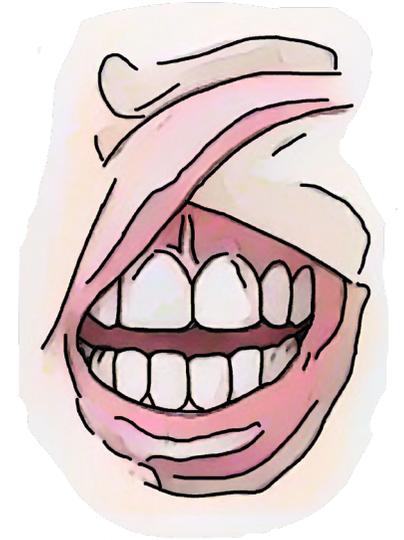
Hold your tongue, pull it out, and check the sides.



Lift up your tongue up and check underneath.



Tip your head back and check the roof of your mouth for any changes.



Flatten your tongue so you can check the back of your throat and tonsils.